

Updated guidelines available for lumbar spinal stenosis

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(HealthDay)—Updated evidence-based guidelines on the diagnosis and treatment of degenerative lumbar spinal stenosis are now available, according to report published in the July issue of *The Spine Journal*.

D. Scott Kreiner, M.D., from Ahwatukee Sports and Spine in Phoenix, and colleagues conducted a systematic review of the [medical literature](#) on the diagnosis and treatment of degenerative [lumbar spinal stenosis](#) since the previous guidelines of the North American Spine Society (NASS) were published in 2006.

The researchers assessed 16 key clinical questions on the natural history, [diagnosis](#), and treatment of degenerative lumbar spinal stenosis. They

established evidence-based clinical guidelines that were graded based on the strength of the current literature and stratified by levels of evidence. The complete clinical [guidelines](#) are available on the [NASS website](#).

"An evidence-based guideline such as this allows a physician access to the best and most current evidence and reduces the burden of 'keeping up with the literature' that spans innumerable journals from a broad spectrum of disciplines," Kreiner and colleagues write.

Several authors disclosed financial relationships with industry.

More information: [Abstract](#)
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